

## VSA COLD WEATHER POLICY

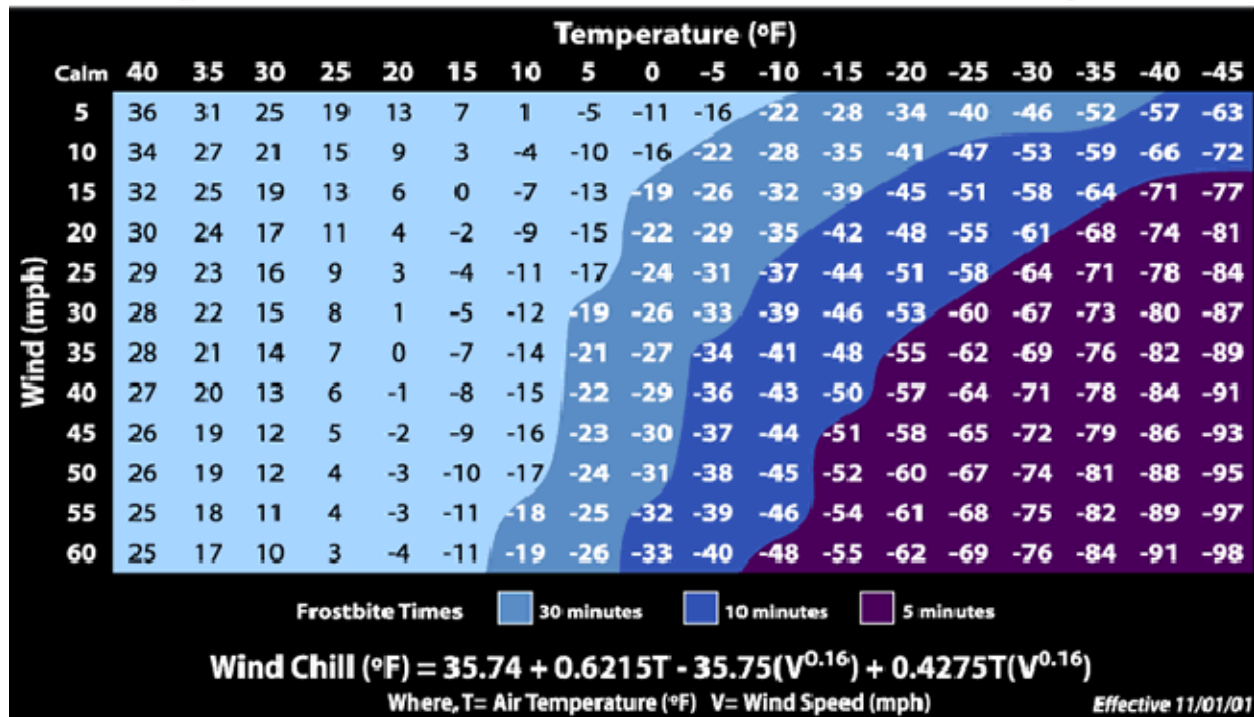
The following policy will be followed by all members of Virginia Soccer Association. All members will be subject to the rules and guidelines provided or face disciplinary action.

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect. Individuals engaged in sports activities in cold, wet or windy conditions are at risk for environmental cold injuries.

RISK	TEMP/WIND CHILL *	RULES AND RECOMMENDATIONS
Low Risk	40°F & above	<p><i>Rules:</i></p> <ul style="list-style-type: none"> <li>-All age groups are allowed to participate outside in all conditions</li> </ul> <p><i>Recommendations:</i></p> <ul style="list-style-type: none"> <li>-Players wear appropriate clothing</li> <li>-Coaches use common sense with weather</li> </ul>
Moderate Risk	30°F - 40°F	<p><i>Rules:</i></p> <ul style="list-style-type: none"> <li>-All age groups are allowed to participate outside</li> <li>-Players must have pants and jacket on to begin training</li> <li>- U5-U12 Must keep jacket and pants on through training</li> <li>- U13 and above may use their discretion when training</li> </ul> <p><i>Recommendations:</i></p> <ul style="list-style-type: none"> <li>-All players have hats and gloves</li> </ul>
High Risk	15°F - 30°F	<p><i>Rules:</i></p> <ul style="list-style-type: none"> <li>-U5-U12 may not train outside</li> <li>- U13 and above must have jacket and pants on to train</li> <li>-All players must have hats and gloves</li> <li>-Outside Activities no longer than 1 hour</li> </ul> <p><i>Recommendations:</i></p> <ul style="list-style-type: none"> <li>-Provide Re-Warming Facilities</li> </ul>
Extreme Risk	15°F or below	<p><i>Rules:</i></p> <ul style="list-style-type: none"> <li>-No Outdoor Activities</li> </ul>



# NWS Windchill Chart



## Clothing

The following clothing guidelines should be taken in to consideration by each player as they prepare to train outdoors in cold weather. It is important that athletes avoid wearing multiple layers of cotton. When the body sweats the cotton will become dense and permeated with sweat.

- Wear several layers around the core of the body (especially those who are not very active).
- The first layer should wick moisture away from the body (dry tech shirt).
- The top layers should trap heat and block the wind (fleece).
- The outer layer should be wind and water-resistant or waterproof
- No cotton as inside layer.
- Long pants designed to insulate.
- Sweatpants are a good choice as a base layer.
- On windy or wet days wind pants or a nylon shell should be worn on the surface layer
- Long sleeved garment that will break the wind
- Gloves
- Hat to cover the ears.
- Face protection
- Moisture wicking socks

## Cold Weather Injuries/ Symptoms and Care

**Hypothermia:** Body Core Temperature below 95°F

Symptoms include:

- Shivering
- Lethargy
- Amnesia
- Impaired motor control
- Pale, cold face and extremities
- Decreased heart rate
- Slurred speech
- Impaired mental function

Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, and avoid warming extremities initially

**Frostnip/Frostbite:** Frostbite is actual freezing of body tissues.

Symptoms include:

- Dry, waxy skin
- Swelling
- Burning, tingling
- Limited movement
- White/blue/gray patches
- Aching, throbbing, and shooting pain

Treatment: Re-warm slowly in warm water (not hot); avoid friction/rubbing tissue

**Chilblain:** is an exaggerated or uncharacteristic inflammatory response to cold exposure.

Symptoms include:

- Red or blue lesions
- Swelling
- Increased temperature
- Tenderness
- Itching, numbness, burning

Treatment: Wash, dry area; elevate, cover with loose clothing/blankets; avoid friction or lotion

### Signs/ Symptoms of Cold Stress:

Fatigue

Numbness, tingling of skin

Red or painful extremities

Blurred vision

Slurred speech

Swollen Extremities

Confusion

Uncontrollable shivering

Headache or dizziness